

Early-Stage Program Guide: Winter Sessions

The Alzheimer's Association Oregon & SW Washington Chapter is excited to offer a variety of programs for individuals in the early stages of Alzheimer's disease or other dementias, including those with mild cognitive impairment. If you have questions about the programs or would like to register, please call **800-272-3900**.

artNOW

Join the Alzheimer's Association at the Portland Art Museum for a series of relaxing and creative gallery tours and art-making classes for individuals living with dementia and their care partners. By combining discussion-based gallery tours of the museum's collection with art-making activities, artNOW encourages experimentation with a wide range of materials. This program is free, but space is limited, and reservations are required.



Portland Art Museum

(dates TBD)

Early-Stage Support Group

The Alzheimer's Association's early-stage support groups are designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer's disease or other dementias through regularly scheduled meetings. These groups help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health.



Alzheimer's Association Portland Office:

1650 NW Naito Parkway, Portland, OR 97209

(Tues.) Oct. 15, 22, 29, Nov. 5, 12, 19
from 1:30 to 3 p.m.

(Wed.) Oct. 16, 23, 30, Nov. 6, 13, 20
from 1:30 to 3 p.m.

Support Group is canceled November 12 & 13 due to the McGinty Conference.

Tigard Senior Center:

8815 SW Omara St., Portland, OR 97223

(Fri.) Oct. 18, 25, Nov. 1, 8, 15, 22
from 1 to 2:30 p.m.

Milwaukie Senior Center:

Fourth Thursday of the month from 2-3:30 p.m.
5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

Memories in the Making

Memories in the Making® (MIM) is a fine-arts program specifically designed for people in the early stages of Alzheimer's disease, other dementias, and mild cognitive impairment. MIM provides a creative and nonverbal way to communicate and capture precious moments through art. The creative process and the stories that evolve from MIM are as important and meaningful as the artwork itself. No art experience is necessary.



Alzheimer's Association Portland Office

11 a.m.—12:30 p.m.

(Fri.) Oct. 18, 25, Nov. 1, 8, 15, 22

1650 NW Naito Parkway, Suite 190

Home Matters Caregiving

10:00 a.m.—11:30 a.m.

(Fri.) Oct. 18, 25, Nov. 1, 8, 15, 22

4875 SW Franklin Ave., Beaverton, OR 97005

Lake Oswego Adult Community Center

1:00 p.m.—2:30 p.m.

(Thur.) Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 21

505 G Ave. Lake Oswego OR 97034

Sing Here Now

Sing Here Now is a community choir that provides an opportunity for people in the early stages of Alzheimer's disease, as well as their care partners, to enjoy music and socialize with others. Although the focus of the choir is social interaction, participants also benefit from the wellness benefits of singing, such as reduced stress and improved mood. No musical experience is necessary.



Photo courtesy of Sale Communications and

Portland Choir Practice Dates:

(Thurs.) Jan. 30, Feb. 6, 13, 20, 27, Mar. 5, 12

1:30-3 pm

Alzheimer's Association Portland Office

1650 NW Naito Parkway, #190

Portland, OR 97209

Beaverton Choir Practice Dates:

(Fri.) Jan. 31, Feb. 7, 14, 21, 28, Mar. 6, 13

Practice is cancelled March 6th.

1:30-3 pm

Southminster Presbyterian Church

12250 SW Denney Road

Beaverton, OR 97008

For more information or to register, call
1.800.272.3900 or visit **alz.org/orswwa**.